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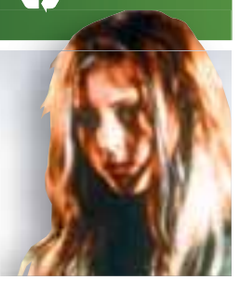

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Vote on Senate suspensions up in the air

Expense scandal.
Senate Tories hold back motion to close debate, as Liberal leader proposes matter be put to special committee

The timing of a final vote on the possible suspension of three senators is up in the air after the Senate Conservatives failed to bring forward their motion to close debate on Monday.

The Conservatives indicated Friday they would move to close debate on the two-year suspensions of senators Pamela Wallin, Patrick Brazeau and Mike Duffy. At the time, it was thought the motion would schedule a final vote as early as Tuesday or Wednesday of this week.

But because the Conservatives held back on the motion Monday, that looks less likely. If the motion is moved Tuesday, a final vote would likely take place on Friday, just before the Conservative convention in Calgary.

Sen. Claude Carignan, the Conservative leader in the Senate, did not respond to questions on the closure motion Monday evening. He also did not take questions on possible leniency for Sen. Wallin and Sen. Brazeau — a possibility he floated on Sunday.

The Conservative caucus was tight-lipped Monday after a one-hour caucus meeting to regroup after an unprecedented week of drama and intrigue in the upper chamber.

Across the aisle, Senate Liberals say there has been no discussion between the two parties on a possible end to the debate over the suspensions, now stretching into its sixth day.

Liberal Senate leader James Cowan has asked the matter be put to a special Senate committee, in order for the three embattled senators to have the benefit of legal representation, give evidence and the ability to call witnesses.

A vote on Cowan's proposal is expected as early as Tuesday. TORSTAR NEWS SERVICE

More coverage inside

Cheque again: Duffy claims Tory lawyer covered $13K in legal fees, page 3.

Sen. Pamela Wallin arrives at Parliament Hill in Ottawa on Friday. On Sunday, Conservative Senate leader Claude Carignan floated the possibility of leniency for Wallin and former Tory caucus colleague Patrick Brazeau in the expense scandal. SEAN KILPATRICK/THE CANADIAN PRESS

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Bedroom shooting

Accused killer calls prosecutor a liar

A man accused of killing his son's mother and wounding her boyfriend had some choice words for the Crown outside court at his trial in Saskatoon.

George Allgood called prosecutor Robin Ritter a liar.

Ritter says he doesn't buy Allgood's story that he lied to an undercover officer about killing Susan Reinhardt to "save his life" and "appear tough."

The prosecutor has instead suggested that Allgood's rocky relationship with Reinhardt and her boyfriend proves a motive for murder.

Reinhardt and David Ristow were shot in their bedroom in Saskatoon in July 2006.

Defence lawyer Morris Bodnar argued during closing arguments that the Crown is relying on an undercover confession without any physical evidence.

Bodnar argued that Allgood falsely confessed to the murder because he thought the undercover officer would kill him if he didn't.

The judge will render a verdict on Allgood's first-degree murder and attempted murder charges in January. CKOM/THE CANADIAN PRESS

Mounting pressure

Anti-bullying report to come out ASAP

Saskatchewan Education Minister Don Morgan says the government won't delay an anti-bullying report.

Morgan suggested last Thursday that the report would likely be released during anti-bullying week, which runs Nov. 17 to Nov. 22.

He now says it will be released as soon as possible because people are anxious to see the findings.

The push to release the report comes after the family of a 13-year-old Regina girl said bullying may have played a role when she took her own life last week. The family asked that, instead of sending flowers, people make contributions to efforts to raise awareness of bullying. THE CANADIAN PRESS

Next Saskatchewanderer to hit the road all year round

'4-season' destination. Government plans to promote Sask. as a place to live, not just visit

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

The province's Saskatchewanderer promotional program is about to become more than just a summer gig.

The next Saskatchewanderer will spend an entire year criss-crossing the province in a bid to showcase it as a "four-seasons destination," announced Parks, Culture and Sport Minister Kevin Doherty on Monday.

"There are tons of activities that take place in our province over the wintertime," Doherty said at the Royal Saskatchewan Museum in Regina.

Launched by the government in 2011, the Saskatchewanderer program puts the successful applicant — so far young adult students — into a paid summer position documenting the many fun and unique travel and tourism opportunities across the province.

Doherty said the new full-time program will expand into a "quality of life" focus.

"We have an opportunity to showcase what they can experience (in Saskatchewan)," said Pat Fiacco, CEO of Tourism Saskatchewan, at the announcement.

"We have experiences for everyone, 12 months of the year.... We are very fortunate that we are a four-season province. There are places around the world that never have a chance to experience winter."

Total cost

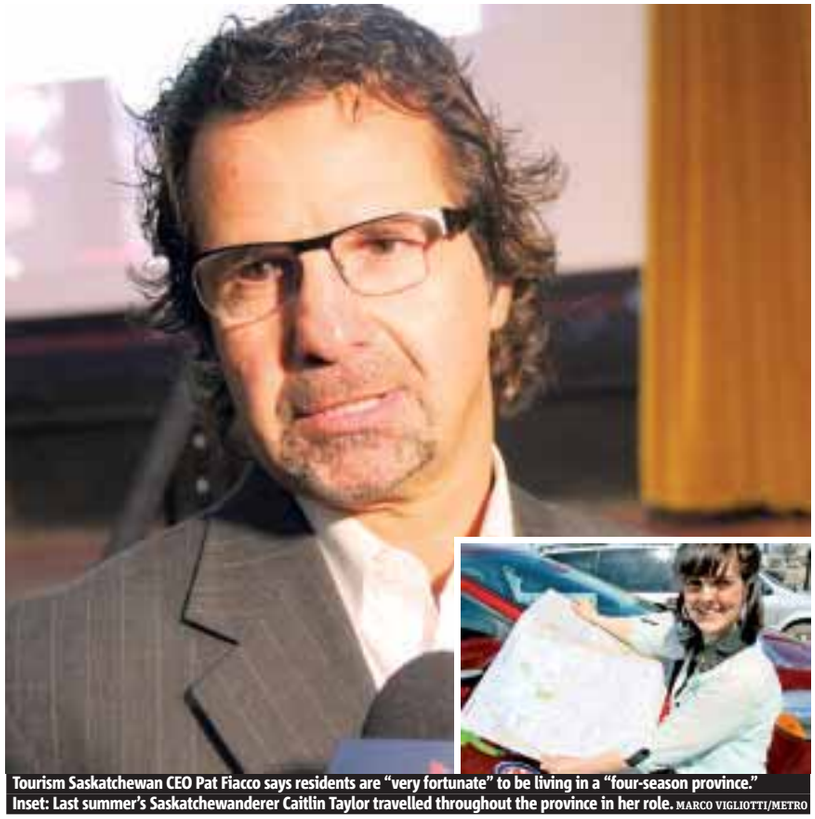
$120K

The annual cost of running the program is expected to be $120,000, including the Saskatchewanderer's $55,000 to $60,000 salary.

As the position goes from summer excursion to full-time job, Doherty acknowledged that the applicant pool for this year's edition might become noticeably larger.

"This was a summer student job that we had for the last three years," he said.

Applicants must submit a profile, including a headshot, a resumé and a short video between Nov. 4 and Dec. 2.



Tourism Saskatchewan CEO Pat Fiacco says residents are "very fortunate" to be living in a "four-season province." Inset: Last summer's Saskatchewanderer Caitlin Taylor travelled throughout the province in her role. MARCO VIGLIOTTI/METRO

Sask. seeks input on graduation rates

Advisor Russ Mirasty, left, with Education Minister Don Morgan and co-advisor Patricia Prowse. MORGAN MODJESKI/METRO IN SASKATOON

The Saskatchewan government is asking students across the province to speak up.

The provincial government wants a new consultation with education stakeholders to increase Saskatchewan's high school graduation rate by 2020.

On Monday, Education Minister Don Morgan announced the appointment of two "student first" advisors who will travel across the province to find out what students, teachers and parents feel could be done to increase the number of students finishing high school.

With overall graduation rates in Saskatchewan at 74.8 per cent and aboriginal graduation rates at 37.4 per cent, Morgan explained that the advisors will participate in "deep listening," in order to find out what's working and what's broken in the education system.

"We would like to try and get both of (the rates) up, and up significantly," Morgan said at St. Marguerite School in Saskatoon.

Russ Mirasty, former commanding officer of the Saskatchewan RCMP and the first person of First Nations ancestry to lead an RCMP division, was selected as one of the advisors, alongside longtime educator Patricia Prowse.

The advisors met on Monday for the first time to work out a schedule for consultations and will begin gathering feedback immediately. MORGAN MODJESKI/METRO IN SASKATOON

Cheque again: Duffy claims Tory lawyer covered $13K in legal fees

'It was never about ethics, it was always all about politics.' Senator elicits gasps from upper chamber with tale of intrigue and betrayal

The $90,000 from Stephen Harper's former chief of staff wasn't the only secret, five-figure payment made on Mike Duffy's behalf during the Senate expense scandal, the senator at the heart of the controversy says.

For the second time in as many weeks, Duffy — expelled from the Conservative caucus in May — shocked the normally sleepy upper chamber Monday with a tale of intrigue and betrayal he says starts and ends with the Prime Minister's Office.

"The cheques tell who's telling the truth and who is not," Duffy, a former TV broadcaster, declared before releasing more documents to buttress his explosive claims.

At issue is an alleged cover-up in which the PMO paid off Duffy so that he could repay disputed expenses, in return for which, a Conservative-dominated Senate audit committee would whitewash Duffy's behaviour and make the scandal disappear. Instead, the flames just keep getting higher — and on Monday, Duffy poured more fuel on the inferno.

Facing suspension without pay for the next two years, Duffy and fellow Conservative exiles Pamela Wallin and Patrick Brazeau have all lashed out at a PMO they say is railroading them out of political expediency.

Duffy tabled a document with the Senate that shows Arthur Hamilton, the Conservative party lawyer, signed off on a payment of $13,560 to Duffy's legal representative last April 3.

Duffy says he'd already been "coaxed" into accepting $90,000 from Nigel Wright, Harper's chief of staff, to be used to pay off disputed Senate housing expense claims — notwithstanding written assurances from Wright that he'd broken no rules.

"It was never about ethics, it was always all about politics — which explains why Arthur Hamilton was busy cutting cheques," Duffy charged.

Repaying expenses he'd been cleared to claim would make him look guilty, said Duffy.

"But when I insisted on written guarantees that repaying money I didn't owe would not be seen by the Senate as a guilty plea, Nigel Wright arranged to have my legal fees paid," he told a rapt upper chamber.

"That's right. One cheque from Nigel Wright? No, ladies and gentlemen, there were two cheques — at least two cheques."

An audible gasp went up from the gathered senators.

The Prime Minister's Office issued a statement reiterating that Wright has "assumed sole responsibility for his actions."

"The prime minister was not aware of the arrangement and had it been presented to him he would not have approved of such a scheme," said spokesman Jason MacDonald.

THE CANADIAN PRESS

Cue the audible gasp

"That's right. One cheque from Nigel Wright? No, ladies and gentlemen, there were two cheques — at least two cheques."

Sen. Mike Duffy

Sen. Mike Duffy takes the elevator as he arrives at the Senate on Parliament Hill on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Man allegedly tries to bring explosives onto plane

A man who was born in Iran, but switched his birth name for an Italian one, has been charged in connection with an alleged attempt to bring explosive material onto a plane.

Antony Piazza, as he is now known, faces three charges over an incident that paralyzed Montreal's main airport for several hours and caused a neighbourhood to be shut down.

The story took another twist when his defence lawyer told reporters Monday that his client was transporting a bag belonging to someone else.

A bail hearing is scheduled Tuesday for Piazza, 71, whose original name was Houshang Nazemi.

He faces three charges — possession of an explosive substance, conspiracy to transport an explosive substance on an airplane and endangering the safety of an airport or aircraft.

The Crown objects to his release on bail.

"The investigation is still ongoing and it's hard to tell what's going to come out of it right now," said prosecution lawyer Alexandre Gauthier.

Police said the material found in luggage at a Montreal airport terminal contained everything needed to make a bomb — except the actual explosives.

The suspicious package was spotted at a security checkpoint in the U.S. departures area of Trudeau airport early Sunday morning. But defence lawyer Louis Morena says he was holding the carry-on bag for someone else.

"In the police report, he claims his innocence and says the bag belonged to someone else," Morena told reporters outside the courtroom.

The Crown has remained mum about what exactly Piazza was carrying. His lawyer revealed some of the items police said they'd identified.

"They were talking about bullets, talking about powder, about wires, about (lighters)," Morena said.

Police have revealed less details to the media, saying only that what was found was not dangerous without actual explosives, but that they didn't want to take any chances.

"For us, it is something major because everything was there to make us believe … (it could have been) a bomb, an explosive device," police spokesman Ian Lafreniere said.

THE CANADIAN PRESS

Antony Piazza

MONTREAL POLICE/THE CANADIAN PRESS/ HANDOUT

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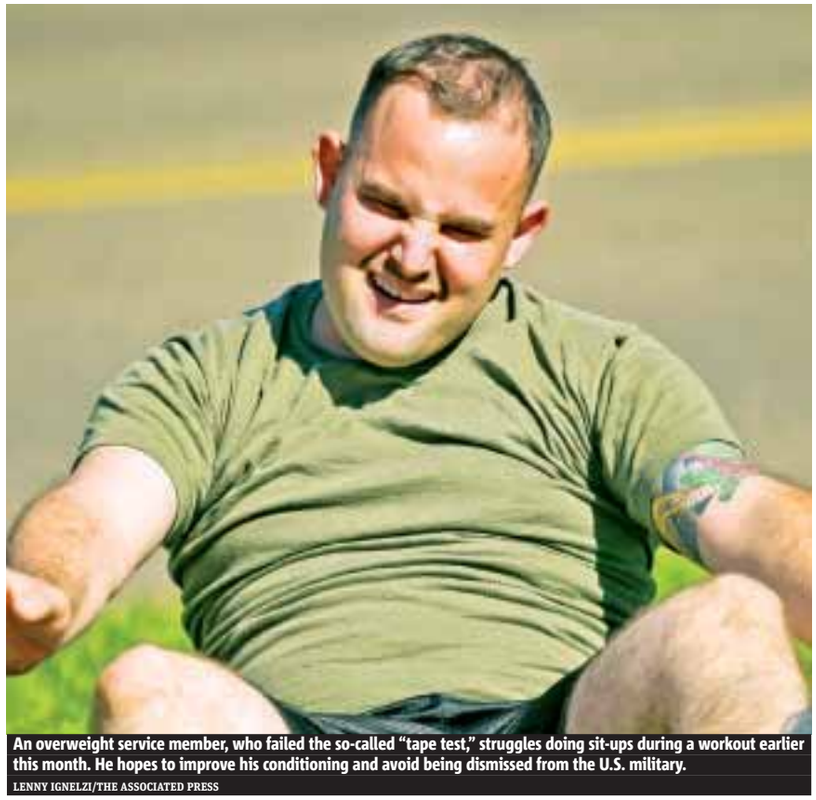
G.I. Joe bodies: Lipo for soldiers

Extra pressure. Service members say they are under scrutiny as the military trims its ranks because of budget cuts and the winding down of the Afghanistan war


An overweight service member, who failed the so-called "tape test," struggles doing sit-ups during a workout earlier this month. He hopes to improve his conditioning and avoid being dismissed from the U.S. military.
LENNY IGNELZI/THE ASSOCIATED PRESS

Troops often call plastic surgeon Adam Tattelbaum in a panic. They need liposuction — fast.

Some military personnel are turning to the surgical procedure to remove excess fat from their waists in a desperate attempt to pass the Pentagon's body-fat test, which relies on measurements of the neck and waist and can determine their future prospects in the military.

"They come in panicked about being kicked out or getting a demerit that will hurt their chances at a promotion," the Rockville, Md., surgeon said.

Service members complain that the Defence Department's method of estimating body fat weeds out not just flabby physiques but bulkier, muscular builds.

Fitness experts agree and have joined the calls for the military's fitness standards to be revamped. They say the Pentagon's weight tables are outdated and do not reflect that Americans are now bigger, though not necessarily less healthy.

Defence officials say the test ensures troops are ready for the rigours of combat. The military does not condone surgically altering one's body to pass the test, but liposuction is not banned.

The Pentagon insists that only a small fraction of service members who exceed body-fat limits perform well on fitness tests.

Dr. Michael Pasquale of Aloha Plastic Surgery in Honolulu said his military clientele has jumped by more than 30 per cent since 2011, with about a half-dozen service members coming in every month.

"They have to worry about their careers," the former soldier said. "With the military downsizing, it's putting more pressure on these guys."

THE ASSOCIATED PRESS

Spain. United States spied on 60 million calls in a month: Report

A Spanish newspaper published a document Monday that it said shows the U.S. National Security Agency spied on more than 60 million phone calls in Spain in one month alone — the latest revelation about alleged massive U.S. spying on allies.

The El Mundo newspaper report came as Spain summoned the U.S. ambassador in Madrid to express its displeasure over the reports of spying on allies.

Last week the French paper Le Monde reported similar allegations of U.S. spying in France, and German magazine Der Spiegel said Washington had tapped Chancellor Angela Merkel's mobile phone. A European summit last week was dominated by anger over U.S. spying and Germany was sending its spy chiefs to Washington to demand answers.

THE ASSOCIATED PRESS

Wedding crasher

Man steals newlyweds' gifts at reception

A man wearing a stocking over his head dashed into a Cyprus wedding reception and — in front of the shocked newlyweds and their guests — made off with a bag filled with cash and cheques from well-wishers.

Countless Cypriot brides and grooms rely on such traditional bags of money to help build their nest egg, and thieves rarely target them.

The bags often contain thousands of euros. They are all the more important in Cyprus these days because of the island's economic crisis.

The weekend robbery occurred in the town of Limassol.

Spokesman Andreas Angelides said Monday that police have detained a 32-year-old who fits the culprit's build and other general description and are still investigating.

But they haven't found the bag or the money.

THE ASSOCIATED PRESS

A hospital staffer's sign: "Guarantee medical workers safety" during a protest in Wenling Monday. THE ASSOCIATED PRESS

Hospital medics in China angry

Wenling. Patient stabbed three doctors, killing one; such attacks are on the rise; hospital workers want safety guarantees

Several hundred hospital workers in white coats and surgical masks staged a rare protest in eastern China against attacks on medical workers after a patient stabbed three doctors at a hospital, killing one.

Quote

"Once the medical system decides that its aim is to make money, patients will not trust doctors anymore."

Said Liu Jitong, a public health expert at Peking University. Some experts blame an increase in attacks on the commercialization of health services.

The staffers assembled Monday outside the Wenling City No. 1 People's Hospital hoisting signs that said "uphold justice" and "guarantee medical staffers' safety."

"We are still protesting and demanding that the government and the hospital management ensure the safety of the doctors," said a woman who refused to give her name when reached at the emergency department.

The protest came after a knife-wielding patient, being treated in emergency, stabbed the three doctors on Friday. Dr. Wang Yunjie died while the other two were wounded, police said. Attacks on hospital staff by patients are increasingly common in China. THE ASSOCIATED PRESS

Kuwait

Gulf nations crack down on online dissent

A rights activist in Kuwait says an appeals court has upheld a 10-year prison sentence against a social media commentator for posts considered offensive to Islam and the rulers of Bahrain and Saudi Arabia.

Monday's ruling highlights crackdowns in the Gulf on online dissent and the co-operation among Gulf nations, fearing political challenges. Prosecutors claim Hamad al-Naqi insulted Muhammad and leaders of the two states.

THE ASSOCIATED PRESS

Security concerns. Chemical weapons inspectors in Syria miss one of first deadlines

Inspectors overseeing the destruction of Syria's chemical weapons stockpile have missed an early deadline in a brutally tight schedule after security concerns prevented them from visiting two sites linked to Damascus' chemical program.

Experts from the Organization for the Prohibition of Chemical Weapons were to have checked all 23 of Syria's declared sites by Sunday, but on Monday they said inspectors have visited only 21.

However, there are no consequences for missing the deadline.

The group's failure to meet the deadline, however, underscores the ambitious timeline as well as the risks its inspectors face in carrying out their mission in the middle of Syria's civil war.

The OPCW did not say who was responsible for the security problems, but the organizations' director-general has said in the past that temporary ceasefires may have to be negotiated between rebels and forces loyal to President Assad to reach some sites.

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U.K., Europe battle worst storm region has seen in years

Savage weather. At least 13 people have been reported killed in squall that has ravaged several countries

Police and emergency-service workers cordon off the area near scaffolding on the famous pedestrian street, Stroeget, in central Copenhagen Monday. A major storm swept Denmark, western Europe and Britain with winds peaking at up to 200 km/h. JOACHIM ADRIAN/THE ASSOCIATED PRESS/POLFOTO

A major storm with hurricane-force gusts lashed southern Britain, parts of France and the Netherlands, causing flooding and travel delays, including the cancellation of roughly 130 flights at London's Heathrow Airport.

Express train services between central London and Gatwick and Stansted airports were suspended because of the storm, and the major English port of Dover was closed, leading to a cut-off in ferry service to France.

Thousands of homes in northwestern France lost electricity, while in the Netherlands several rail lines were closed, airport delays were reported and citizens were warned against riding their bicycles — a favoured form of transport — because of high winds. Amsterdam's Central railway station was shut by storm damage.

Sweden's Meteorological Institute upgraded its advisory Monday, warning that a "Class 3" storm that could pose "great danger to the public" was expected to hit western and southern Sweden on Monday evening.

Some English rail lines shut down Monday morning and some roads were closed due to fallen trees and power lines. There were delays on many parts of the London Underground network and the opening of the Overground network was delayed several hours.

Air travellers and commuters were advised to check conditions before starting any journeys. Widespread delays were expected as major London train lines delayed their opening because of the winds and tree hazards.

THE ASSOCIATED PRESS

Blackout

220,000

Number of homes in Britain reported without power by UK Power Networks officials.

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Michael Jackson trial.
Doctor found guilty of killing pop star set free

The doctor convicted of killing Michael Jackson was released from jail Monday after serving nearly two years of a four-year sentence.

Conrad Murray was released from a downtown Los Angeles jail at 12:01 a.m., according to the sheriff's office. A change in California law allowed his incarceration time to be significantly cut down.

The former cardiologist was convicted in 2011 of causing Jackson's death in June 2009 by providing the superstar with an overdose of the powerful anesthetic propofol as a sleep aid. Jackson was in the midst of preparations for a series of comeback concerts and Murray was serving as his personal physician.

Murray's prospects are uncertain: At age 60 his licence to practise medicine has been suspended or revoked in three states and his face and name are well known due to his association with Jackson and his highly publicized involuntary manslaughter trial. He is appealing his conviction.

THE ASSOCIATED PRESS

In this Oct. 21, 2011, photo, Michael Jackson's former doctor Conrad Murray sits in a courtroom during his involuntary-manslaughter trial in Los Angeles. REED SAXON/THE ASSOCIATED PRESS FILE

Texas

Abortion-restricting measures vetoed by federal judge

New abortion restrictions passed by the Texas Legislature are unconstitutional and will not take effect as scheduled on Tuesday, a federal judge has ruled. District Judge Lee Yeakel wrote Monday that the regulations violated the rights of abortion doctors to do what they think is best for their patients and would unreasonably restrict a woman's access to abortion clinics.

THE ASSOCIATED PRESS

Rape charges

Kenyan 'miracle' preacher in custody

A self-styled Kenyan preacher who claimed to help couples conceive "miracle babies" through prayer has been charged with three counts of rape in Britain. Police said Monday that Gilbert Deya, 61, was charged last week with rape, one count of attempted rape on an adult and one count of sexual assault on a 14-year-old girl.

THE ASSOCIATED PRESS

Wine drinking being stomped out in Italy

Vintners hurting. In the '70s, Italians were downing 110 litres each per year, compared to a mere 40 litres in 2013

These days Italians often opt for beer over wine. Consequently, the wine from this Italian vineyard is likely to be enjoyed by consumers from Toronto to Tokyo, not Turin, Italy. GREGORIO BORGIA/THE ASSOCIATED PRESS FILE

It's harvest season at the family-run vintner Emidio Pepe in central Italy and workers are wading into the vineyards, hand-picking grapes and pressing them under their boots in giant wooden vats.

The seasonal ritual has brought together generations of rural communities. But the final product, the highly rated Pecorino white, is now more likely to be enjoyed in New York or Beijing than in the local village of Torano Nuovo, in the Abruzzo region. That's because wine-drinking in Italy, one of the world's biggest producers, is hitting record lows, forcing many vintners to seek buyers abroad.

Consumption is at its weakest since Italy was unified as a country in 1861, according to Coldiretti, the main farmers' association.

The most immediate cause has been the economic downturn. But that has just accelerated a decades-long slide in consumption.

In the past 25 years, wine "has become a hedonistic product, which is not part of Italians' basic diet anymore," said Michele Fino, law professor and wine expert from the University of Gastronomic Studies in Pollenzo, Italy.

THE ASSOCIATED PRESS

Change percolating.
Tim Hortons testing out a new dark-roast blend

Amid stiff competition, Timmie's is testing a dark-roast blend. TIM HORTONS

After nearly 50 years of pouring the same brewed coffee, Tim Hortons has decided it's time to test whether customers want a darker roast on the menu.

The company announced Monday it is piloting a new coffee in two markets — London, Ont., and Columbus, Ohio — for customers with a hankering for a more robust flavour.

The pilot launched in 80 stores in Columbus on Monday. It will launch in 70 London, Ont., stores on Nov. 4.

While Canadians still love the original Tim Hortons blend, their tastes are also evolving, says Dave McKay, vice-president, beverages, Tim Hortons Inc.

"Canadian coffee drinkers are becoming more educated. They understand a quality cup of coffee," said McKay.

Like the original, the new coffee is made from Arabica beans.

He said the company will gather reaction from customers at the pilot stores, and learn from experience there before deciding next steps.

In November 2009, McDonald's Canada launched a new Arabica coffee nationwide, handing out free cups to encourage customers to give it a try. The new coffee has become a draw for the fast food retailer.

TORSTAR NEWS SERVICE

Phone-hacking trial begins

The trial of two former top editors of Rupert Murdoch's defunct News of the World began Monday with the selection of a jury to hear the complex and high-profile case sparked by a tabloid phone-hacking scandal that has shaken Murdoch's media empire and tarnished the image of British journalism. Rebekah Brooks, seen arriving to a London court Monday, and Andy Coulson — both one-time senior Murdoch aides and associates of British Prime Minister David Cameron — are charged with conspiring to hack the phones of celebrities and other people in the public eye and with making illegal payments to officials for information. DAN DENNISON/GETTY IMAGES

Fired for long lunches

Disabled greeter at Walmart wants job back

Walmart officials are reviewing the firing of a disabled man whose caretaker wife said deserves a second chance to keep his job as a greeter.

Matt Wood was reportedly fired after clocking in late for lunches.

Supporters said his wife should have been notified of the problem because she is his representative on employment matters and best-suited to help him address issues. THE ASSOCIATED PRESS

Market Minute

DOLLAR
95.74¢ (+0.09¢)

TSX
13,371.84 (-27.58)

OIL
$98.68 US (+83¢)

GOLD
$1,352.20 US (-30¢)

Natural gas: $3.57 US (-11¢)
Dow Jones: 15,568.93 (-1.35)

Ikea workers on strike

Japadog shutters location after online outcry

Vancouver's iconic Japanese hot dog-stand chain folded up shop after just one day this weekend at the Ikea store in Richmond, B.C., where more than 350 workers have been on strike for more than five months.

Following an uproar on Facebook, Japadog closed the location and apologized to Ikea staff. METRO

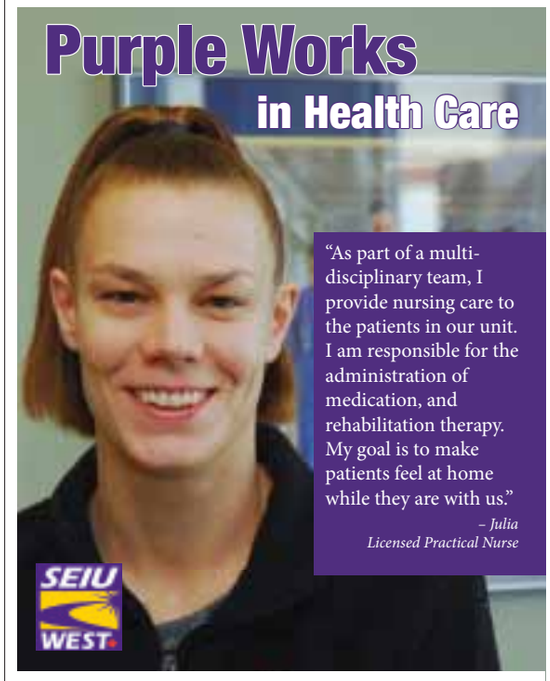
Safety advocacy

Health impact of cellphone use ignored: Group

A safety advocacy group says Health Canada is ignoring science that shows some Canadians are getting sick from using cell phones and other wireless technology.

In its most recent posting online, Health Canada says a consensus among scientists indicates that radiation from cellphone towers is too low to cause adverse health effects in humans.

THE CANADIAN PRESS


Purple Works
in Health Care
"As part of a multi-disciplinary team, I provide nursing care to the patients in our unit. I am responsible for the administration of medication, and rehabilitation therapy. My goal is to make patients feel at home while they are with us."
– Julia
Licensed Practical Nurse
SEIU WEST

In celebration of *Health Care Providers' Week*, SEIU-West recognizes the dedicated efforts of those who work hard each day to provide compassionate and safe health care to the residents of our communities.

PurpleWorks.ca

GENERATION INSTAGRAM POPS THE Q

SHE SAYS

Jessica Napier
metronews.ca

The holiday season is just around the corner and there's something about those snow-dusted, LED-lit few weeks that make the end of the year an ideal time for marriage proposals. Kanye West kicked off the engagement season last week by popping the question to girlfriend Kim Kardashian with an Instagram-worthy spectacle that involved an empty baseball stadium, a 15-carat diamond and a 50-piece orchestra playing — what else — his own music.

I'm a sucker for an elaborate proposal story. Yes, I know it should be an intimate and personal affair between a couple, and it's not about how it's done but the meaningful commitment being made and all that sensible stuff. But there's just something so lovely about hearing a tale of meticulously thought-out plans that involve homemade crafts, animals, fireworks, flash mobs of dancing strangers and a professional photographer secretly capturing the moment.

Asking someone to marry you is nerve-racking enough without thinking about all the logistics involved in co-ordinating an over-the-top proposal. Which is why some would-be grooms are turning to professional event planners to help pull off the perfect proposal.

At Toronto-based company Save My Date, owner Lida Elias helps clients to design and execute picture-perfect dates to pop the question to their significant others. "Shows such as Millionaire Matchmaker and The Bachelor put a lot of pressure on men to really wow their dates," says Elias. "And with the growth of social media in the past few years, expectations have increased even more since we can now witness and share each other's proposals."

From scenic helicopter tours over the city to luxurious shopping sprees, Elias works with clients to put together unforgettable customized experiences based on their personal interests and budget. "I take a couple's favourite things to do into consideration and source appropriate vendors to create a wonderful, personalized proposal, hassle-free."

The dates are as unique and diverse as the couples she works with. One client might ask her to organize an elegant gourmet meal cooked by a private chef while another may want help arranging a simple and romantic picnic in the park. One of her most extravagant proposals involved renting out an entire theatre in downtown Toronto, decorating the stage with rose petals and candles and booking a live jazz singer to serenade the two sweethearts with their favourite song.

"Sure, you can propose over breakfast at home and she'll most likely say yes, but this is a story that you'll have to retell to all of your friends and family until the day you're married, so it's best to try to make it a bit more thoughtful and memorable," says Elias. "It's nice to take the time to plan something that tells your partner that you really know them and care about them enough to make the day a bit more special than every other Saturday night you spend together."

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

This will give you spinal slithers

ULET IFANSASTI /GETTY IMAGES

Snakes soothe away pain

This new snake massage will have you squirming the stress right out of your system.

Those brave enough to try the treatment will have several pythons placed upon their back at the Bali Heritage Reflexology and Spa in Jakarta, Indonesia. It's believed that the adrenaline-related fear is metabolically beneficial. METRO

Nervy woman goes from hiss to bliss

"It can only be described as kind of kneading sensation — a little like a traditional massage. The wriggling of their bodies across my muscles was strangely relaxing. The only thing that I had to do was block out the fact that I had a number of snakes slithering across my spine," explains Miriam, who tested the charms of the python treatment. METRO

Alternative luxuries

- **Chocolate facial.** Forget the detox: This one will have you licking your lips. The Pennsylvania hotel opened by the owner of Hershey's confectionery in the 1930s offers a tasty cocoa-based facial treatment.
- **Cryotherapy.** At the Haikko spa in Porvoo, Finland, you can sit in a freezing chamber (-110 C) — but don't get too chilled, as you may well develop hypothermia and die.
- **Orgasm hotel.** The Venusgarden in Scania, Sweden, has its customers coming back for more by offering a range of relaxing climaxes through sex toys, erotic books, mirrored ceilings — and a swing.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

ISTOCK IMAGES

Douglas Coupland is a bestselling novelist, a visual artist and the author of TEMP, an exclusive 20-parts-in-20-days story running in Metro starting Monday. Known for his musings on art, culture and technology, he's been quoted as saying, "I miss my pre-Internet brain." In a visit to Metro on Monday, I asked him what, exactly, he misses most about a non-Internet-influenced noggin.

Remembering facts:

Who needs to keep useless trivia in your mind when we've got Wikipedia? "I miss remembering facts ... but not that much. Give me Wikipedia every time."

Being wrong:

There's a certain comfort in not knowing all the things all the time. Like song lyrics, for example. But despite having songlyrics.com at his finger tips, he still can't figure out what Suffragette City really means.

Spinning blarney:

"I write fiction for a living," says Coupland. "Everything can be fact-checked these days and that can be a drag. It's harder to embellish a story."

Visiting the library:

While libraries certainly do still exist, Coupland says he takes one walk in the stacks for every hundred he used to take.

Twitter

@metropicks asked: A Wendy's meal is = to 8 cups of Kraft Dinner but you can't customize a Wendy's meal. @DougCoupland wants to know how you customize your KD?

@MBrentM: cheese whiz instead of butter, add garlic (lots), a few dashes of cayenne pepper, and loads of black pepper.

@Dancininthedark: KD, wieners, sides of tomatoes & dill pickles #kddelish

@JustinMoris: With a can of tuna, a little diced tomato and lots sriracha.

@Gary_Zinck: Have to have my KD wih chilly powder and bbq sauce..

@Newbornstranger: sometimes I'll add a spoonful of cream cheese to my KD, and always lots of fresh ground pepper.

@AmandaBurgessPR: I like my KD with oven-broiled sopressata and a dash of ketchup.

@LevonStevenson: KD with chicken fingers and plum sauce a la mode!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

metro

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There's no shortage of horror playing on movie screens on Halloween night, but you can take a patriotic route with some chill inducing Canadian horror films. "Even though Canadian films are known primarily as an auteur cinema, there's a long-running history of genre and horror cinema," says Steve Gravestock of the Canadian Open Vault program at the TIFF Bell Lightbox in Toronto.

TORSTAR NEWS SERVICE

5 Freaky flicks from Canada

The Changeling (1980)

The film, which stars George C. Scott as a widower who unknowingly rents a haunted mansion, was a big commercial success for producer Garth Drabinsky. Although contemporaneous with Halloween and Friday the 13th, Gravestock says "because The Changeling was a classically tinged ghost story it stood out and resonated with many people who saw it at the time."

Ginger Snaps (2000)

The werewolf tale Ginger Snaps, written by Karen Walton, equates lycanthropy with maturation and menstruation. "It's aware of the fact that it's not the first werewolf movie or first viral infection movie, but it overturns a lot of those things, like taking shots at the doldrums of suburban life," says Gravestock, adding that David Cronenberg's influence of body horror is evident in Ginger Snaps. It spawned several sequels.

Black Christmas (1974)

The first holiday-themed horror film also set the template for the slasher genre, says Canuxploitation editor Paul Corupe. "But at the same time, it's more polished and artistically done than many of the later slashers." Filmed in Toronto, Corupe says it reflects the city in a way Canadians didn't often see. "It has a snowy and cold atmosphere — you can see people's breath — but it's not cold in the clinical way some of Cronenberg's films come across."

Rituals (1977)

Five doctors learn that their camping excursion has gone awry when a lurking maniac places a decapitated deer head near their camp. But the maniac isn't the problem. Caelum Vatnsdal, author of the book They Came From Within: A History of Canadian Horror Cinema, says Rituals is as Canadian a horror movie as you can get, calling it a good starting point for those new to the genre. "It's the landscape and the wilderness that's really trying to kill these guys."

Pin (1988)

A psychosexual thriller about the relationship between Leon, a young schizophrenic, and Pin, an anatomically correct doll. Dave Alexander, editor-in-chief of Rue Morgue Magazine, was not only struck by how disturbing the movie was, but by its level of restraint. "It ties into the tradition of Canadian filmmaking where there is a sense of repression," he says. "It's not a slasher film with big gestures and shocking violence. It's a quieter, more internal kind of horror."

When killing zombies brings you self-actualization

Norman Reedus. The Walking Dead star talks about how his character is growing

ALLEN HOUSTON
Metro World News in New York

Norman Reedus is coming off a zombie-killing high. The actor, who plays Daryl — the redneck biker with a heart of gold on AMC's The Walking Dead — is taking a break between scenes to talk with Metro about the new season of the apocalyptic smash hit, its loyal fans and what he calls the "meatiest" season yet. The Boondock Saints star, photographer and former Prada model promises lots of surprises and more complex character development as the group faces its most dangerous threat ever this year.

You had your biggest viewership ever for episode one of the fourth season (16.1 million viewers) on Oct. 13. What can fans expect from the new season?

The first season started off as a heartbeat and a hyperventilating breath, and the second season was more storytelling, and the third season was a full-blown war. This season has all of those things but it breathes a little differently. It's definitely more character-focused and the best scripts that we've ever gotten.

Your character has really developed from the first season. What can we expect in season four in terms of Daryl's growth? Will he continue to grow into a leader among the survivors?

He definitely has more of a leadership role this season. The thing with Daryl is that he is never trying to be Rick. When things need to be done he definitely gets them done but he isn't trying to lead the whole group. He grew up a lot with the death of his brother. He's becoming his own person and finding self-worth through helping these other people. You see him in a different place. He doesn't seem very afraid of anything at this point.

Norman Reedus stars in The Walking Dead. CONTRIBUTED

SCENE

The Word

Play it Baby One More Time (to keep the pirates away)

CASSANDRA GARRISON
Metro World News in New York

This is one Oops from Britney Spears that can be excused — the pop princess' most catchy singles are reportedly being used to fend off Somali pirates, who have a surprising aversion to American music.

Spears' songs like Oops! I Did It Again and Baby One More Time get blasted by ships out to sea off the east coast of Africa, which has proven an effective technique for preventing pirates from boarding. Merchant navy officer Rachel Owens told the U.K.'s Metro that Britney Spears songs were specifically selected for being particularly annoying — to the pirates, at least.

"These guys can't stand Western culture or music, making Britney's hits perfect," Owens said. "It's so effective the ship's security rarely needs to resort to firing guns."

Somali pirates have long posed a threat to Western tankers off the coast of Somalia. The real life story of an American ship captain and his crew, who found their vessel hijacked by pirates in 2009, unfolded on the big screen in the recent release of Tom Hanks' latest film Captain Phillips.

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Perry to fellow pop stars: Cover up already!

Katy Perry

Katy Perry has some harsh words for fellow pop stars like Miley Cyrus and Rihanna — though she won't go so far as to mention them by name. "Everybody's getting naked. I mean, I've been naked before but I don't feel like I have to always get naked to be noticed," she tells NPR's Weekend Edition in an interview. "I'm not talking about anyone in particular. I'm talking about all of them. I mean, it's like everybody's so naked. It's like, 'Put it away!'"

Christina Ricci weds over the weekend

Christina Ricci

Christina Ricci married fiancé James Heerdegen in a small New York City ceremony over the weekend, according to Us Weekly. The happy couple exchanged vows in front of close friends and family at an evening ceremony on the Upper East Side. Ricci and Heerdegen first met on the set of the short-lived TV series Pan Am in 2011 and were engaged in 2012.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Olivia Wilde and Jason Sudeikis. ALL PHOTOS: GETTY IMAGES

Baby? check! Salsa? Check! Wilde and Sudeikis are ready for parenthood

Olivia Wilde is expecting her first child with fiancé Jason Sudeikis, according to E! News. And after the news broke, Wilde took to Twitter to thank her fans for their support. "You guys are awesome. So kind," she posted. "Babies eat mostly salsa, right?"

The couple met in 2011 and announced their engagement in January. In March, Wilde told Marie Clare magazine that while she "can't wait for children," there was no definite plan at the time. "I'm open-minded about how many, but three — which I love — is like a little party," she said. "I'm not trying to have kids now — there's no strict plan for anything in my life. What happens, happens. He's so good with kids. I've never before experienced looking at someone and thinking, 'That's who I want to raise a child with.'"

Twitter

@mcgregor_ewan
Rain on the roof of the trailer. Make me want to sleep.

@ElizabethHurley
We had Halloween early and am suffering from too many icing eyeballs and fresh blood jelly...

@IAmDonCheadle
The misogyny in rap is hard to take. How can we create an alternative, strike some kind of balance?

Half off

Half Off: Healthy messages

Metro Winnipeg editor Elisha Dacey has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert to help lose half of her body weight.

One of Dacey's most important weight loss motivators: her five-year-old daughter Annabelle.

"I'm unhealthy not only because of what I was eating but because of lack of activity — and I'm very afraid of passing on my issues to her," explains Elisha.

So now, Mom's messages are healthier than ever. Dacey and her husband have always been diligent about making mealtimes tasty and good for you.

"We decide what she eats — and we do hide vegetables in foods, like zucchini and carrots in spaghetti. Annabelle decides how much she wants. If she doesn't like it, there is always fresh fruit or vegetables."

It makes a difference.

"Letting her decide has made the difference. She's not a picky eater. She is a pretty good eater. And she tells me when she's full," says Elisha.

Annabelle is also encouraged to try different sports — she takes swimming lessons, is signed up for soccer and may start jujitsu.

Elisha is trying to incorporate activity into family time too. Now that they have a backyard (the old house didn't), they can go out and kick around a soccer ball around. Or, the three just go for a walk.

"I'm doing this not just because I want Annabelle to be healthy," says Elisha, "but because I want to be here as she grows up."

For Cieciwa's advice on getting your kids moving or Albert's tips on sending your kids positive food messages, visit metronews.ca/half-off/.

YLVA VAN BUUREN/ FOR METRO

Do you want six-can abs or six-pack abs?

Health options. The bottom line is if you want to get a toned body you have to put in the work and make good life choices

LINDA CLARKE
Metro World News

It's one thing for David Beckham to advertise underwear wearing little more than a smirk and an astoundingly taut abdomen. However, can the non God-like Average Joe develop an Adonis type physique?

"Yes, they really can," laughs Eli Ingram, a New York Sports Clubs personal trainer. (The company also has the Boston, Washington, and Philadelphia Sports Clubs.)

"It's achievable for anyone who wants to put in the work. A lot of it is exercise, a combination of total body conditioning and extra ab work. It's also nutritional, because men have to look at the way they eat."

And drink.

You don't get six-pack abs by quaffing pints of beer no matter how much exercise you do.

"You have a choice: Six-can abs, or six-pack abs," Ingram jokes.

Apart from being useful for modelling underwear, strong abdominal muscles means a strong body core to support movement, and that means less stress on joints and on the lower back.

If you want to get cut, you have to put in the work. ISTOCK PHOTOS

"A strong core is very important," Ingram says. "The stronger the abs, the stronger the core, and the stronger the body as a whole. In order to build a strong core you need to do both endurance and strengthening."

Besides washboard abs, traditionally, men focus on developing arm and chest muscles.

"Arms are the first thing you see," Ingram says. "Whether someone is wearing a shirt or not, you can tell if someone has strong arms."

Ingram's core workout also works the pecs and arms and incorporates the whole body in support of the exercises.

While swapping a paunch for strong abdominal muscles has health benefits, it isn't the main reason why most men train.

"It's all about physical appearance," says Ingram. "These are large muscle groups and they can be esthetically pleasing when developed."

Online assistance

Runtastic six pack

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

iPhone/iPad/Android
Free/$4.99
Full of features, yet limited to abdominal exercises, this interval workout offers a nice mix of instructional videos, synchronized music and a calorie counter. Unfortunately the free version has annoying ads.

Here are a couple exercises to carve a six-pack, get killer pecs and pump those biceps.

Cable crunches

Grasp the cable rope attachment with both hands and place against your head. Position your hips back and flex allowing resistance on the cable pulley to lift torso upward. With your hips stationary, flex your waist so your elbows travel toward the middle of your thighs. Return and repeat.

Battle rope hip toss

To perform the hip toss, grab the rope in either a single or double overhand grip. Keep feet firmly planted on the ground, lifting the rope off the floor. Rotating the hips and torso, bring the arms from one side of the body to the other. Make sure arms stay close to the body.

LIFE 3

Jeepers, creepers where'd you get those meatball peepers?

These eyeballs make a fun dinner or a Halloween party appetizer.

You can substitute extra-lean ground beef or veal for the poultry.

This recipe makes about 30 meatballs. THE CANADIAN PRESS

Ingredients

- 1 egg
- 125 ml (1/2 cup) dry seasoned bread crumbs, divided
- 175 ml (3/4 cup) shredded white cheddar cheese
- 1 large clove garlic, minced
- 2 ml (1/2 tsp) each dried basil and thyme leaves
- 1 ml (1/4 tsp) fresh ground pepper
- 500 g (1 lb) extra-lean ground chicken or turkey
- 1 jar (375 ml/12 oz) queen-size pimento stuffed green olives, drained
- Pasta sauce (optional)

1. Heat oven to 190 C (375 F). Line a baking sheet with parchment paper.

2. In a large bowl, stir together egg and 45 ml (3 tbsp) of the bread crumbs, cheese, garlic, basil, thyme and pepper. Add chicken and, using hands, mix well to combine.

3. Using about 15 ml (1 tbsp) of the mixture, roll into a ball and then roll into remaining bread crumbs and place on baking sheet. Repeat with remaining mixture.

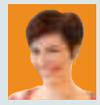
4. Push 1 olive into each meatball and reshape as necessary to form eyeball. Bake for about 15 minutes or until golden brown and no longer pink inside.

5. Serve with pasta sauce, if desired.

THE CANADIAN PRESS/DAIRY FARMERS OF CANADA

Health Solutions

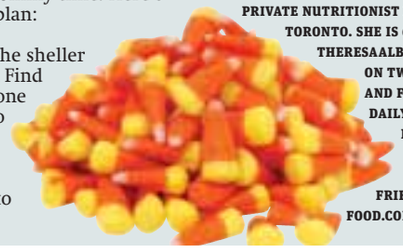
Surviving Halloween



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Let's face it. Halloween is nothing but a make-work project for moms. You buy a bunch of candy you would rather not spend money on, rush home, shove a meal in front of kids that they would rather not eat, dress them up in ways you would rather not see and negotiate at the end of the night over treats you would rather they not ingest. This year is going to be different. It's mommy time. Here's your plan:

- Be the sheller outer. Find someone else to take kiddies door to door.



- Have paper cups at the ready and a slow cooker full of mulled apple cider with rum for the parents who come door-to-door with kids in tow looking a little chilly or cranky.
- Put some Mexican music on and blast it onto the porch. Wrap yourself in a colourful blanket and call it your costume. Sure, wear a sombrero.
- Use up those paper bags by putting LED candles in them and calling it Halloween decorations. Come on! That's plenty of spirit.

Bah Humbug. Wrong holiday?!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Dinner. Mac & 'Squeese'

Your kids will enjoy this Halloween-coloured twist on the traditional macaroni and cheese. You will appreciate that this high-fibre and protein-filled dish will help fill them up so they can enjoy trick-or-treating without overdoing it on the sweets when they get home.

Using squash for its deep orange colour and sweet flavour makes this dish looks just like traditional Mac and Cheese. Or try it with sweet potatoes for another nutritious option.

Ingredients

- 375 ml (1 1/2 cups) whole-wheat macaroni
- 30 ml (2 tbsp) butter or margarine
- 500 ml (2 cups) cubed and peeled butternut squash
- 125 ml (1/2 cup) milk
- 1 small clove garlic, minced (optional)
- 125 ml (1/2 cup) shredded Swiss cheese
- 30 ml (2 tbsp) freshly grated Parmesan cheese

1. In a pot of boiling water cook macaroni for about 8 minutes or until tender but firm. Drain and return to pot. Add butter and stir to coat.

2. Meanwhile, in another pot of water, bring squash to a boil for about 15 minutes or until very tender. Drain and return to pot. Add milk and garlic, if using, and using hand mixer blend until smooth.

3. Add pasta to squash mix. Add cheeses and stir to coat. THE CANADIAN PRESS/ EATRIGHT ONTARIO/ DIETITIANS OF CANADA

Me want brains! Satisfy your zombies with Brain Pudding

This twist on classic rice pudding can be served as a nutritious breakfast or a dessert on Halloween day.

This recipe makes about five cups. THE CANADIAN PRESS

Ingredients

- 500 ml (2 cups) water
- 2 sticks cinnamon
- 250 ml (1 cup) quinoa, rinsed well
- 15 ml (1 tbsp) cornstarch
- 15 ml (1 tbsp) sugar
- 5 ml (1 tsp) ground cinnamon
- 375 ml (1 1/2 cups) 2% milk
- 50 ml (1/4 cup) maple syrup
- 175 ml (3/4 cup) dried cranberries or raisins
- 250 ml (1 cup) 1 per cent vanilla yogurt
- Suggested Toppings: Cinnamon sugar, chopped walnuts, dried cranberries, granola, berries and/or diced apples

1. In a medium saucepan, bring water and cinnamon sticks to a boil over high heat; stir in quinoa. Reduce heat to low; cover and simmer for 12 minutes or until quinoa is tender. Drain any excess liquid and remove cinnamon sticks; set aside.

2. In a small bowl, combine cornstarch, sugar and cinnamon. In same saucepan, whisk milk, maple syrup and cranberries; bring to a boil over medium-high heat. Reduce heat to low; whisk in cornstarch mixture and cook, stirring, for about 1 minute or until slightly thickened.

3. Stir in quinoa and cook, stirring occasionally, for 5 minutes or until slightly thickened. Refrigerate for 1 hour or until cool.

4. Stir in yogurt. (The pudding will thicken considerably as it cools; add yogurt to desired consistency.) Serve with suggested toppings. THE CANADIAN PRESS/DAIRY FARMERS OF CANADA

The boy who cried bully — at school and at work

Term overuse.
Attention to the issue may help real victims, but there's a risk that this label is used a little too freely

Bullies aren't just for middle schoolers. These days, they're everywhere.

In Texas last week, the football coach at Aledo High School was accused of bullying after his team won 91-0. With no mercy rule in place to stem lopsided victories, the coach even tried to minimize the blowout by benching his starters and letting the clock run uninterrupted after halftime.

A parent from the losing team accused the coach of "bullying" — an accusation that requires the school district to investigate under state law.

And while many found the accusation baseless, it's the kind of complaint that seems to have become more common. THE ASSOCIATED PRESS

Bullies in sports?

In the Texas case, school district administrators found no grounds for the complaint, and many observers agreed.

"Of course it's not bullying. That's ridiculous! It's a game. It has people who lose. That's a fact of life," said Malcolm Smith, a professor in the University of New Hampshire's education department.

Learning how to lose in sports can actually be good for kids, says Nadine Connell, who teaches criminology in the University of Texas at Dallas.

Bullies in politics?

In May, U.S. Sen. Harry Reid, D-Nev., called Sen. Ted Cruz, R-Texas, a "schoolyard bully. He pushes everybody around ... and instead of playing the game according to the rules, he not only takes the ball home with him but changes the rules. That way, no one wins, except the bully."

But not everybody thinks that political clashes — even extreme ones — qualify as bullying.

"Politics is at times confrontational," said Dan Holler, spokesman for Heritage Action, spokesman for Heritage Action, sister organization to the Heritage Foundation, a conservative think-tank. "When those confrontations happen, it's not a matter of bullying. It's a matter of trying to litigate policy."

Bullies on the job?

Dr. Harold Pass chairs a committee that evaluates allegations of disruptive behaviour at Stony Brook University Medical Center in New York. He says "bullying" accurately describes workplace situations where someone is targeted by a fellow employee — whether it's a doctor trying to make another one look bad or a nurse targeted by a superior.

"Bullying means intentionality," Pass said.

Bullying elders?

No one denies that bullying among kids is a serious problem. Just look the many tragic cases of adolescents committing suicide after being tormented by peers in school or online.

But some kids have been called "bullies" over stupid pranks. Lawyer Monrae English represented three boys at a Fresno, Calif., high school suspended for bullying after they created a phoney Facebook page with the principal's name on it.

"They put silly stuff on there — about how homework needs to be done and something about liking Twilight movies," she said.

When the school took steps to expel the boys, their families hired attorneys. Eventually the school backed down.

Bullies in everyday life?

Ben Leichtling, founder of BulliesBeGone, says "bullying is not only about kids. It happens all the time, in every culture, with people at every age, in every situation, and always has."

When he coaches adults coping with bullies on the job or in bad marriages, he offers the same advice used to curb bullying in schools. "You have to say, 'This behaviour is not allowed,'" Leichtling said. "And you may have to get in the bully's face."

How much does health care cost you? Try 1,400 big ones

Unplanned outlays.
Data shows health care is a significant expense and a major factor in increasing stress levels

YOUR MONEY
Alison Griffiths
money@metronews.ca

How much do you pay for health care every year? If you're an average Canadian it amounts to nearly $1,400 over and above what provincial, workplace or personal health care plans cover.

Those on the East and the West Coasts spend much more, over $1,700 annually.

And these figures are for one person. Out-of-pocket household medical expenses for a family of four can easily top $5,000 annually.

These figures come from the 2013 Sun Life Canadian Health Index, which shows that not only is health care a significant expense, but it also is a major factor in increasing stress levels.

On top of regular medical expenses partially or not covered by a health-care plan, there is the financial impact of health emergencies from lost income to a myriad of additional costs.

To figure out what you spend on health care annually, start by checking your past few tax returns. ISTOCK

The first line of defence is to pay attention. Knowing what you spend (just check the last few tax returns) is important.

The next step is to include that number in a household budget. There are lots of online budgets available. One I like is provided by the Financial Consumer Agency of Canada at fcac-acfc.gc.ca. Go to Tools and Calculators for the downloadable budget.

Of course, one doesn't usually spend an exact amount on health care monthly. Still, budget for it and ensure the money is earmarked for medical expenses and available when it is needed.

One technique is to move unspent funds to a savings account every month. When money accumulates in an everyday spending account it's easy to, well, spend it.

Budgeting for a health emergency, like a car accident, is harder. However, it is important to set aside some funds, just in case. Survey where your savings dollars are going. If most of them end up in an RRSP and an RESP for the kids' education, you are courting trouble. The Health Index results indicate that 22 per cent of those who experienced a health emergency turned to credit to pay the costs. Others (12 per cent) had to borrow from family or friends while nine per cent dipped into their RRSPs.

It's better to have a little less money in retirement or education savings than face a major medical event without cash to smooth the way.

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Game 5 gem only brightens Lester's post-season lustre

World Series. Red Sox lefty takes care of business on mound, Ortiz and Ross produce key hits to pull within one win of another title

Game 5

3	1
Red Sox	Cardinals

Jon Lester pitched the Boston Red Sox within a whisker of yet another World Series championship.

Lester bested Adam Wainwright once again, journeyman David Ross hit a tiebreaking double in the seventh inning and the Red Sox downed the St. Louis Cardinals 3-1 Monday night to take a 3-2 World Series edge.

David Ortiz delivered his latest big hit, too, sending this bearded band of Red Sox back to Fenway Park with a chance to clinch their third crown in a decade. Not since 1918 has Boston won the title at its own ballpark.

John Lackey gets the first chance Wednesday night against St. Louis rookie sensation Michael Wacha. A Cardinals win would set up a most spooky proposition for both teams — Game 7 on Halloween night.

Lester enhanced his reputation as an October ace with every pitch. He allowed one run and four hits in 7 2/3 innings, striking out seven without a walk — nearly the same line he had in beating Wainwright in the opener.

The lefty who's won all three of his career World Series starts had just one scary inning, when Matt Holliday homered in the fourth, Carlos Beltran flied out to the wall and Yadier Molina hit a liner. Other than that, Lester was sharp as a knife.

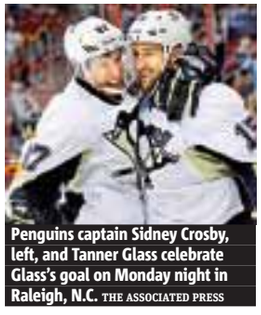
Ortiz put the Red Sox ahead with an RBI double in the first, hitting the first pitch after Dustin Pedroia doubled on an 0-2 curve.

Ross, a greybeard on a team led by scraggly veterans, broke a 1-all tie when he hooked a drive just inside the left-field line, and the ball bounced into the seats for a go-ahead double. Jacoby Ellsbury later hit an RBI single.

Koji Uehara closed for his second save. THE ASSOCIATED PRESS

Red Sox starting pitcher Jon Lester makes a delivery to the plate during Game 5 of the World Series against the Cardinals on Monday in St. Louis. DAVID J. PHILLIP/THE ASSOCIATED PRESS

Penguins put losing skid in the past



Penguins captain Sidney Crosby, left, and Tanner Glass celebrate Glass's goal on Monday night in Raleigh, N.C. THE ASSOCIATED PRESS

Rookie Jayson Megna had his first career goal and assist, and the Pittsburgh Penguins snapped a three-game losing streak by beating the Carolina Hurricanes 3-1 on Monday night.

Chris Kunitz and Tanner Glass also scored for the Metropolitan Division-leading Penguins. Brooks Orpik had three assists, Sidney Crosby added two and Marc-Andre Fleury stopped 20 shots.

Pittsburgh ended its longest losing streak since 2011-12 by defeating the Hurricanes for the fourth straight time.

Nathan Gerbe scored a power-play goal for Carolina, which lost its third straight but remained tied with the New York Islanders for second in the division — five points behind the Penguins. Justin Peters made 26 saves in his second straight start in place of the injured Cam Ward. Ward is expected to miss at least two more weeks after sustaining an unspecified lower-body injury during a loss at Minnesota last week. Including that game, the Hurricanes have lost all three games since he was hurt. Carolina has allowed at least three goals in four straight.

THE ASSOCIATED PRESS

NHL

Stars get win for Ruff in Buffalo

Tyler Seguin capped a three-goal, first-period outburst, and the Dallas Stars hung on to deliver coach Lindy Ruff a 4-3 win in his homecoming against the Buffalo Sabres on Monday night.

Matt Moulson scored two goals in his Sabres debut, a day after being acquired in a trade that sent Thomas Vanek to the New York Islanders. THE ASSOCIATED PRESS

Matt Moulson scored two goals in his Sabres debut. GETTY IMAGES

CFL

New Argos LB embracing Canadian game

It's a new game with a new team in a new city, but it's just football for linebacker Aaron Maybin.

The former NFL first-round pick participated in his first workout with the Argonauts on Monday, a day after joining the club's practice roster.

"It (Canadian field) is bigger than I'm used to but there's nothing intimidating about it, nothing too different," he said.

"Football is football. You've just got to adjust and understand it's a part of the game.... As I said, athletes adjust so it shouldn't be a problem."

THE CANADIAN PRESS

NBA

"It's not like it's unheard of. We all know what it is. They don't like us, so we don't like them."

LeBron James, whose Miami Heat take on their rival Chicago Bulls in Tuesday's NBA opening-night action.

Horoscopes

♈ Aries
March 21 - April 20
Appearances can be deceptive, so don't make a snap judgment about someone you meet today or you may have to make an embarrassing U-turn later. Focus on their good points.

♉ Taurus
April 21 - May 21
You may be tempted to do something you know won't meet general approval today. It may be funny to you but make sure you know the consequences. Not everyone shares your sense of humour.

♊ Gemini
May 22 - June 21
Relationships should take a turn for the better over the next few days. Not that they have been bad but there have been times when you wondered if your dearest ones still care. Of course they do.

♋ Cancer
June 22 - July 23
You can, if you wish, pretend that you don't care about someone but the planets will betray you. As a Cancerian you find it hard to keep your feelings under wraps but that's good. Be open and honest about who you are.

♌ Leo
July 24 - Aug. 23
Memories can be fun but they can also stop you from moving on and that would be a shame as the planets suggest you have so much to look forward to. It's time to stop living in the past.

♍ Virgo
Aug. 24 - Sept. 23
You may want to believe that you can handle a difficult situation on your own but you can't, so push your pride to one side and get some assistance.

♎ Libra
Sept. 24 - Oct. 23
Don't give up on an idea just because the so-called experts say you've got it wrong. More likely you are spot on in your assessment and it's they who don't know what they are talking about.

♏ Scorpio
Oct. 24 - Nov. 22
The planets are trying to tell you something but you are determined not to listen. You can be as stubborn as you like but the evidence is there and it cannot be ignored forever.

♐ Sagittarius
Nov. 23 - Dec. 21
Focus on having fun and don't fret if loved ones or colleagues keep telling you there are a thousand serious things you should be doing. Nothing in life is more important than feeling good about your existence.

♑ Capricorn
Dec. 22 - Jan. 20
Someone you trust will make a suggestion today and while it's a good one, you most likely won't want to hear it. Mercury, planet of the mind, warns you must listen, and act. If not, the consequences could be dire.

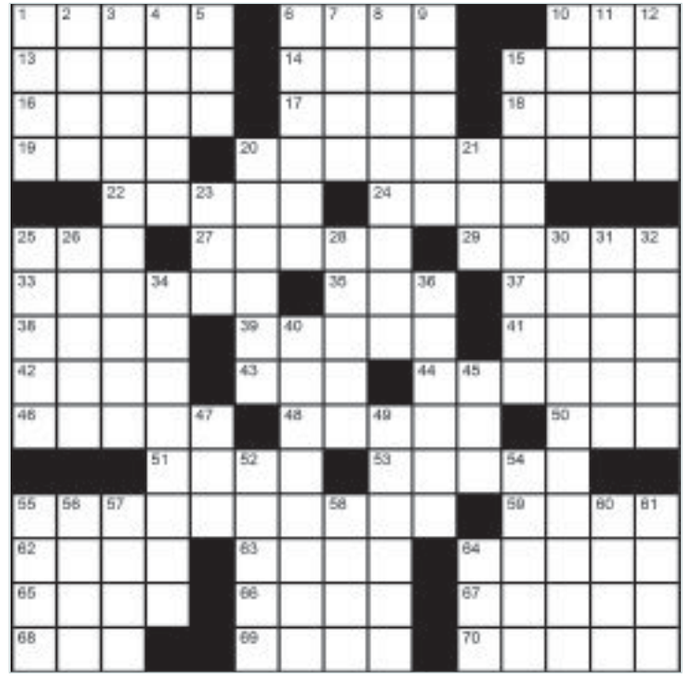
♒ Aquarius
Jan. 21 - Feb. 19
What you have to do today may not be much fun but you will do it anyway and you will make a good job of it. Treat it as fun and maybe, just maybe, that's what it will be.

♓ Pisces
Feb. 20 - March 20
You need to get back in the good books of your employer but it won't be easy. You've got to be smart about it. Steer clear of flattery. They'll know you don't mean it. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

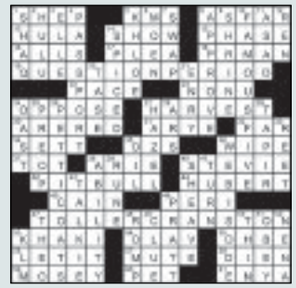
BY KELLY ANN BUCHANAN



Across
1. Hoarse
6. "Stay (I Missed You)" singer Lisa
10. #55-Down's kitchen drawer pal
13. Type, then press this button
14. Crucifix inscription
15. Mr. Gyllenhaal
16. Ernie's muppet pal's namesakes
17. Churn
18. Re-work the written work
19. _ __ of words
20. Starting with 'The' ...Margaret Atwood poetry collection; or, Joni Mitchell song: 2 wds.
22. Close-fitting
24. Eagerly excited
25. "Yuck."
27. Tomato __
29. 1861 George Eliot novel, __ Marner
33. Drink of the gods
35. Relieved-one's sound
37. Neither masc. nor fem.
38. "__ pronounce you...": 2 wds.
39. "___ outta heeere!" (Haunted house inhabitant's holler)
41. Station: French
42. Perfectly good
43. Compass reading
44. Square peg
46. Pine
48. Hat parts
50. Pre-AD years
51. "2001: A Space Odyssey" (1968) star Mr. Dullea
53. Canadian margarine brand
55. Robert De Niro movie: 2 wds.
59. Mouse-like critter
62. Farm structure
63. Baltic Sea feeder
64. __ __ not the time (Later is better)
65. Layered hairstyle
66. Prefix to 'culture'
67. Clay pigeon shooting
68. "Gangnam Style" rapper
69. Prefix to 'morphosis'
70. Popular plants

Down
1. Ms. McEntire
2. Freshly
3. Vancouver Island: __ Provincial Park
4. Laboratory dish
5. Century components, curtly
6. Restricts
7. __ about (Circa): 2 wds.
8. Former MuchMusic VJ who is an award-winning songwriter and online publisher: 2 wds.º
9. ___. (Microsoft founder, fun-style)
10. "Voila!"
11. __ milk
12. Mr. Rose of baseball
15. Jeans-looking pants
20. Billing
21. Greek dawn goddess
23. Student's 4.0, e.g.
25. Merge
26. Christina Aguilera's "__ in a Bottle"
28. Spud
30. Fall yard tool: 2 wds.
31. Relating to gold
32. Lets it stand (Proofreading term)
34. 'Dance' in 2013 headlines
36. Someone shortening pants
40. Canadian energy company
45. Q. "___ the follower of B?" A. "Indeed."
47. Mr. Beatty
49. Spanish airline
52. "The Bare Necessities" part: "...wander, wherever ___..."
54. Call forth
55. Recipe measurement [abbr.]
56. Oohs and __
57. Hospital photo
58. Green: French
60. Lender's protection
61. Ballpark figs.
64. Bouncy check acronym

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		9	3			8		
4	3			7	2			
7			6				9	
3				1				8
		6				4		
1				2				5
	5				8			6
			1	6			2	9
		4			9	7		

Yesterday's Sudoku

1	2	4	6	7	9	8	5	3
5	7	8	2	4	3	1	9	6
6	3	9	5	1	8	7	4	2
7	4	6	3	2	1	9	8	5
8	9	2	4	5	6	3	1	7
3	1	5	8	9	7	2	6	4
9	6	7	1	3	5	4	2	8
2	8	1	7	6	4	5	3	9
4	5	3	9	8	2	6	7	1

Today
2°/-5°
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Wednesday
4°/-4°
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Check the 14 day trend.
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